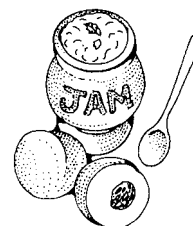


Noncreditable or “Other” Foods in the After-School Snack Program



Noncreditable or “**other**” foods are not creditable toward any component in the After-School Snack Program meal pattern. These foods are not necessarily nutritionally unsound, and are in the “other” category for a variety of reasons. “Other” foods may be served in addition to the snack components to add variety, help improve acceptability in the meal, satisfy appetites, provide additional calories, and (depending on the choice of foods) increase the nutritional quality of the snack.

Keep in mind that “other” foods are often a source of hidden sugar, fat and sodium. In addition, children may prefer to fill up on these foods instead of eating the more nutritious meal components. Therefore, care should be taken when offering “other” foods. Read labels and be aware of the ingredients in the foods served, and limit the frequency and amount of less nutritional choices.



“Other” foods include, but are not limited to:



- | | | | |
|--|---|-------------------|--|
| • bacon | • cream soups, canned (cream of mushroom, cream of celery, cream of broccoli) | • iced coffee* | • sherbet |
| • bacon bits | • eggnog | • iced tea* | • soda, regular and sugar free* |
| • butter | • frozen yogurt | • jam, jelly | • soups, canned (beef barley, beef noodle, turkey or chicken noodle, and turkey or chicken rice) |
| • candy | • fruit drink, fruit beverage, powdered fruit drink mix | • lemonade | • sour cream |
| • caramel corn | • fruit punch (if not 100% juice) | • limeade | • spreadable fruit |
| • chocolate drinks | • fruit rolls, fruit snacks | • maple syrup | • syrup |
| • coffee* | • gelatin, flavored or sugar free | • margarine | • tea* |
| • condiments (ketchup, mustard, relish, barbecue sauce, chili sauce) | • honey** | • marshmallows | • unenriched bread products (breads, muffins, cookies, pretzels, etc.) |
| • cranberry cocktail | • ice cream | • mayonnaise | |
| • cream, half and half | • ice milk | • nectars | |
| • cream cheese | | • popcorn | |
| | | • popcorn cakes | |
| | | • popsicles | |
| | | • potato chips | |
| | | • pudding | |
| | | • pudding pops | |
| | | • salad dressings | |



*These foods may **not** be served to children at snack.

This list does not include all possible “other” foods. For additional crediting information, consult the Office of Child Nutrition’s *Menu Planning Guidance for the after-School Snack Program* (Connecticut State Department of Education, January 2003). For questions concerning a particular food, contact the Office of Child Nutrition at (860) 807-2070.